2016-17 Winter Attendance Award

Congrats to the swimmers listed below for achieving the attendance level recommended for their training group (Blue=2.5x/wk; Gold=3.5x/wk; P2=75%; P1=82%; HSTG=85%; and Sr1=90%) during the Winter Season (Dec 19-Mar 26). As a reminder, those numbers are what we feel is the minimum attendance for swimmers in each group to reap the most benefits out of the program. While our approach for swimming keeps the long haul in mind, and we discourage younger swimmers from attending too many workouts, so that they have something to build into and look forward to when they get older, it is important to note that those who fall too far below those recommended numbers are likely not learning and improving as much as other swimmers with similar ages and at the same level, and might struggle in the future if they are not ready to incrementally improve their attendance.

Blue	Gold	Prep	HSTG	Senior
Karam Alhmoud	Bennett Culbertson	Condi Britton	Haley Burke	Juliana Carey
Cecilia Anderson	Caitlyn Diehl	Hanna Burke*	Grant Haskins	Marilyn Coughlin
Anthony Benitez	Grace Fleming	Sarah Burton	Sahil Khatri	Abby Culbertson
Caroline Bold	Hannah-Claire Jowers	Grant Deckers	Ethan McKinsey	Charlie Fountain
Mali Davis	Marlowe Misner	Lauren Diehl	Kaylee McLester	Drew Grier
Kayla Deckers	Janelle Mitchell	Lindsey Diehl	Darnell Mitchell	Griffin Hammett
Andrew Guo	Gavin Moore	Ava Gawronski	Rachel Peden	Sarah Jahns
Britton Heimel	Ella Moulder*	Alyssa McDuffie	Caitlyn Petmecky	Daniel Johnson
Owen Heimel	Nolan Patterson	Danielle Mitchell	Blake Wilson	Alex Norcini*
Sarah Heppe	Cate Rovie	Emily Morgan		Devin Petmecky
Paige Johnson	Isaac Saenz*	Maggie Nguyen		Hayley Shepard
Nelson Law	Addison Shaffer*	Sofie Rees		
Emily Li	Brandon Shepard	Graham Simmon		* = 100%!
Jonathan Malonza	Kylie West*	Sydney Spruiell		
Tanner Manson	Freddy Xu*	Zoe Wilson*		
George Matthew		Dylan Yin		
Rielle Mitchell	* = 4/week			
Gryffin Moore		* > 90%		
Amaris Poorman				
Jayden Remillard				
Dakota Richie				
Courtney West				